



What is Detox?

"Detox – find your balance" helps women learn to balance life and live more fully.

Women will discover how to keep stress in check and set their lives in order. They also will renew perspectives, remove unhealthy habits, and regain order and control.

Invite women to create a more balanced life, develop meaningful friendships, and explore faith in Christ to lead a happier, healthier life.

How

Women explore what it means to find balance in life through an event that includes short, interactive breakout sessions and a vendor expo or through a series of gatherings focused on one topic per meeting. The sessions will help them to understand that balanced living is closely aligned with the intricate ties between body, mind, and spirit.

Body sessions teach women that finding balance means their physical bodies must be active and that what they eat affects their health and emotions.

Mind sessions help women realize that their thought life and their relationship practices affect their interactions and stress levels.

Spirit sessions show women how reflecting on their own stories and dreams, hearing others' stories, and embracing the Gospel of Jesus Christ can bring a spiritual detox or cleansing. They learn that they can get rid of guilt and shame through confession and a relationship with Jesus.

Where

Detox events/gatherings are held in locations widely known in the community as public gathering spots, such as schools, YMCAs, and community centers. Styling salons, nutrition stores, and even homes are good locations for smaller gatherings.

More Info

Check us out at stonecroft.org/detox and facebook.com/stonecrofddetox.

Contact connections@stonecroft.org to bring Detox to your community.

A Sample Detox Event and Healthy Living Expo

8:30 a.m.	Check-in and Healthy Living Expo
9:00 a.m.	Welcome and Introductions
9:25 a.m.	Breakout Session No. 1
10:00 a.m.	Breakout Session No. 2
10:35 a.m.	Healthy Living Story
10:50 a.m.	Expo and Refreshments
11:15 a.m.	Breakout Session No. 3
11:45 a.m.	Door Prizes, Final Thoughts

Meet Robin

When Robin Rhine McDonald heard about the upcoming Detox in Los Angeles, she knew it was a good way for her to combine her passions for health and her Christian faith. As a nutrition coach, Robin sees a connection between physical health and spiritual health.

"I have seen that health habits can reveal a lot about the state of someone's soul. Similarly, when I am able to support women in their journey with Jesus, they begin to not only experience God in a deeper way, but they also become dependent on the greatest resource we have for sustainable health – God's grace."

Emma's Story

"For years I struggled with my self-image because I could not seem to maintain a healthy weight. My tumultuous childhood gave way to adulthood and a stressful career, years of infertility, a horrifying betrayal, an ugly divorce, and then life as a single mom.

"As time progressed, my weight problems worsened. I tried diet after diet, to no avail. Finally, after seeking out therapy, joining a support group, getting honest with myself, and 'cleaning out' my life, I got a fresh start. My relationship with God helped me to understand that to be healthy on the outside, one must heal from the inside out. I worked on finding a healthy balance of mind-body-spirit, lost more than 50 pounds, and I have never felt more alive!"

Emma Reynolds
Cocoa Beach, Florida